

Newsletter of the Hualapai Tribe



Yorkshire, England Pianist John Briggs Performed Live at Grand Canyon West on the Rim at Guano Point for the Hualapai Tribe

Briggs, Amazed with the Hualapai's Progress, Returns After 20 Years in Emotional Reunion



GRAND CANYON WEST, AZ (September 12, 2011) World renowned classical pianist John Briggs traveled from the United Kingdom to play just feet from the rim at Grand Canyon West during a private event at Guano Point. This event paralleled a similar display 20 years ago when Briggs played for Hualapai tribal members at Guano Point, which was completely undeveloped at the time. Several Hualapai that were in attendance for the first performance re-

turned to witness Briggs play his piano again with the canyon as a backdrop.

The audience was invited to view the never seen footage from the original event that was recently acquired. Unbeknownst to the crowd, behind a curtain was John Briggs himself. Once the video ended, Briggs playing his piano was then revealed. Some attendees were teenagers last time they saw Briggs. The emotional reunion between the Hualapai and Briggs was heartfelt as they shared hugs and tears.

"He started to play the piano and it blended in with the canyon and the sky. It was a very spiritual feeling," said Earlene Havatone, Miss Hualapai at the time of the original concert 20 years ago and now Manager of Hualapai River Runners, the Hualapai owned, one-day Grand Canyon whitewater rafting trip. Havatone continued, "When I saw the video I thought about how we have evolved over 20 years, how much we have progressed over the years. I saw people in the video that have been part of this since the beginning. You can see the motivation and the pride we have in our canyon and that we could share our home with John. I felt awakened again inside my heart."

Carrie Bender Imus, the Chairwoman of the Hualapai tribe 20 years ago who assisted Briggs in obtaining the permission for the first performance, was delighted to relive the experience. Also in attendance was the current Chairwoman, Louise Benson, "As I watched the video, I saw some of the people that were there. One of them was my brother. He sang the Bird Song and the kids were dancing, it brought tears to my eyes because he is no longer with us. As I listened to the music it made me think about the beginning and how sometimes you question if we should allow this because we are natives. But today, as I listened to the music, I felt that it was good and that this music blessed our canyon," said Benson.

To view the original video visit www.youtube.com/user/HualapaiTourism



• **Deadline for Gamyu articles will be due on MONDAY, September 26, 2011 by 12:00 NOON.**

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Caring for Our Children Standard of the Month



September 2011

Disaster Planning, Training and Communication

September is "National Preparedness" month. With the recent hurricanes, tornadoes, and earthquakes that have occurred in the United States, it is more important than ever to prepare, plan and stay informed. This month we will highlight the necessary components of an Emergency/Disaster Plan, suggested training for staff and essential information for communicating with parents. With that in mind, in lieu of "Learn From Your Peer" this month, additional resources have been provided.

The only way to prepare for disasters is to consider various worst case or unique scenarios, and to develop contingency plans. By brainstorming and thinking through a variety of "what if..." situations and developing records, protocols/procedures, and checklists, facilities will be better able to respond to an unusual emergency or disaster situation.

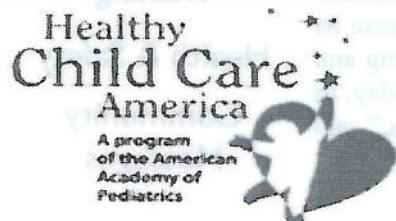
Visit the "Standard of the Month" Web page
to learn more about the standard!

About "The Standard of the Month"

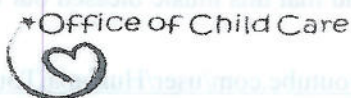
Caring for Our Children can be an overwhelming publication for child care providers. Where do they start and how can they implement the standards? To help child care providers and child care health consultants successfully implement the *Caring for Our Children* standards, Healthy Child Care America focuses on one standard each month. With a team of experienced pediatricians, child care health consultants, child care directors, and family child care providers, we collect stories, ideas, and strategies that support "The Standard of the Month".

Share This Information With Others

Feel free to share this information in your newsletters. Please do not alter the text. If you are stating specific standards (this includes the comments and rationale), please cite *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 3rd Edition, depending on where the standard came from. If you are using the "Learn From Your Peers" section, please cite the Web page: www.healthychildcare.org/StandardOfTheMonth.html



Healthy Child Care America is supported in part by Grant No. U46MC04436 from the Administration for Children and Families, Office of Child Care and the Health Resources and Services Administration, Maternal and Child Health Bureau, to the AAP





Pictured: Joe Montana, Ryan Cassutt, Winkie Crook, Henson Dennis, Melvin Hunter, Jr., Arturo Montana, Maynard Mahone, and Drusilla Clark

Firefighters Honored at BBQ

AmeriCorps VISTA and the Hualapai Tribe Honor Local Firefighters

By: Ryan Cassutt

2 September, 2011

On September 2nd, AmeriCorps VISTA and the Hualapai Tribe recognized current and past firefighters at the annual employee barbeque at Centennial Park in Kingman, Arizona. The employee barbeque occurred less than two weeks before the 10th anniversary of the September 11th, 2001, terrorist attacks.

Among those recognized were Drusilla Clark, Winkie Crook, Henson Dennis, Melvin Hunter, Jr., Maynard Mahone, Arturo Montana, and Joe Montana. Each firefighter was awarded a certificate of appreciation for their hard work protecting their community. AmeriCorps, as part of the Corporation for National and Community Service, recognizes those who perform vital service to their community. In addition to law enforcement, firefighters have some of the most dangerous jobs. Days such as the 9/11 anniversary allow communities to pay tribute and give thanks to public safety employees.

This Sunday, September 11, marks the actual anniversary. Since the 9/11 terrorist attacks 10 years ago, the country has seen some very tough times. The U.S. military embarked upon two wars, one of which is not close to being finished. Many perished in the attacks; even more lost their lives overseas. Congress enacted the USA PATRIOT Act and built up a massive national security apparatus, and we have been fortunate to avoid major attacks on U.S. soil. Earlier this year, we even received confirmation that Osama Bin Laden had indeed been killed in a Navy Seal raid. And work continues on One World Trade Center, the building and memorial rising up where the twin towers once stood. Ten years after 9/11, more than one in four Americans say their lives have permanently changed, according to a recent Gallup poll.

RM4 NEWS RELEASE

USDA Risk Management Agency • Davis Regional Office • 430 G Street, Suite 4168
Davis, CA 95616-4168 • (530) 792-5870 • rsoca@rma.usda.gov • <http://www.rma.usda.gov/go/roca>

Contact: Risk Management Agency Regional Office (California): (530) 792-5870

USDA's Risk Management Agency (RMA) has expanded the Pasture, Rangeland and Forage (PRF) plan of insurance program to include all counties in Arizona for the 2012 crop year.

PRF is an area risk policy covering grazing and forage land for livestock, using a Vegetation Index. This innovative pilot program is based on vegetation greenness and is designed to give forage and livestock producers the ability to buy insurance protection for losses of forage produced for grazing or harvested for hay.

The Sales Closing Date to purchase insurance for 2012 is Sept. 30, 2011. Coverage begins in January 2012.

The Vegetation Index uses the Normalized Difference Vegetation Index (NDVI) data from United States Geological Survey Earth Resources Observation and Science (EROS). The NDVI is an alternative measure of vegetation greenness and correlates to vegetation conditions and productive capacity. Plants that are not stressed generally have a higher NDVI value. Losses calculated using the Vegetation Index are indemnified based on the deviation from normal.

Contact your crop insurance agent for additional information and requirements of the program. If you do not have an agent, you can find one online using the RMA agent locator at: <http://www.rms.usda.gov/tools/agent.html>, or pick up an agent list at any USDA Service Center.

#

Hualapai Nation

Soil and Water Conservation

District



History

April 25, 2000 – The Hualapai Tribe passed Resolution Number 51-000 creating the Hualapai Nation Soil and Water Conservation District.

Arizona has 41 conservation districts; twelve of these are tribal districts, including the Hualapai Nation.

Purpose

The Hualapai Nation Soil and Water Conservation District was established to work with the U.S. Department of Agriculture and its Agencies in a conservation partnership effort to provide technical and financial assistance directly to the Hualapai Nation. To implement USDA conservation programs on the Hualapai Indian Reservation and to assist the Tribe and tribal producers to implement conservation practices and resource management systems and increase their

opportunities to own, operate and retain farms and ranches.

Function

To take available technical, financial, and educational resources, whatever their source and focus or coordinate them so that they meet the needs of the local land user for conservation of soil, water, and related resources.



Mission

The mission of the Hualapai Nation Soil and Water Conservation District is the safe and efficient use of the lands within the nation's boundaries in a manner that will ensure a stable and permanent economy while maintaining a desirable environmental condition. In order to improve life through

properly planned, applied, and maintained conservation practices and principles.

Benefits

- Satisfaction in seeing conservation practices applied.
- Interaction with others interested in natural resources conservation.
- Input to tribal, state, and federal conservation.
- Training through state, federal and tribal conservation agencies.

HNSWCD Board of Supervisors

Chairperson – Philip Bravo Jr.
Vice Chairperson- Ronald Quasula Sr.
Secretary- Terry Hunt Crowley
Board Members- Scott Crozier, Darwin
Honga, Everett Manakaja Jr., Oncho Munoz
HNSWCD Coord.- Teresa Honga



The 4th Annual

Cowman's Reproduction Workshop



"The fall check up"

Thursday, September 22, 2011

9 am—3:30 pm

Alton Town Hall, Alton, UT

Instructors:

Dr. Chad Gasser/SUU, Dr. Peter Cuneo &
Doug Tolleson/U of A & Kevin Heaton, USU

Classroom Instruction:

- Range Nutrition
- Beef Cow Biological Cycle
- Reasons for Culling Cows
- Economics of Holding Over Open Cows

Field Exercises:

- Body Conditioning Scoring
- Freeze Branding Demo
- Fetus Development
- The Fall Check Up

**RSVP by Monday, September 19th to reserve your spot and lunch
by calling 435-676-1113 or emailing katie.christensen@usu.edu**

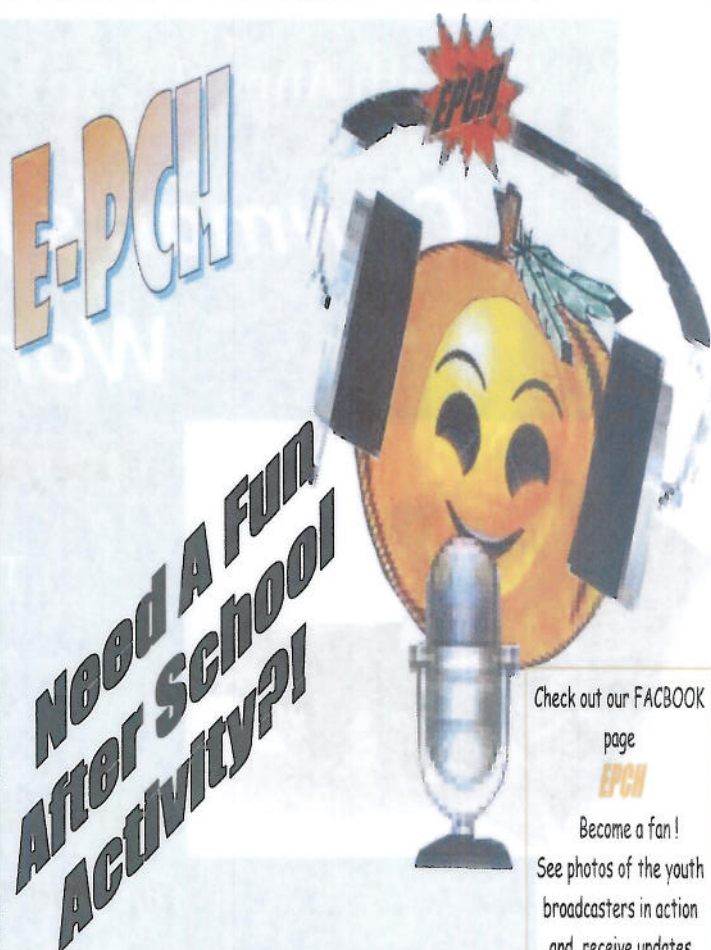
Workshop sponsored by Fredonia/Hurricane-Littlefield Conservation Districts, Utah State University, and University of Arizona Cooperative Extension. For additional information contact Kevin Heaton, USU Extension Agent @ 435-676-1117 or Rob Grumbles, U of A Extension Agent @ 928-753-3788.

Utah State University and University of Arizona are equal opportunity/affirmative action institutions.



Are you interested in having a real, local community radio station you can listen to in your car while you drive around Peach Springs and while you are at home?

- Then come join the PTFP grant committee! We are in the last quarter of the grant and need more community involvement!
- Meetings are Thursday at noon bi-weekly at the EPCH youth internet radio station. The next meetings are August 24, September 8 and September 22.
- PTFP stands for Public Telecommunications Facilities Program. It is a federal grant for 2010-2011 funding development and planning for a regular radio station in Peach Springs.
- Come hear some exciting news from the engineer about FCC plans to open a community LPFM window in 2012
- Refreshments and raffle prizes for attendees.
- For more information about the committee and upcoming meetings contact Terri Hutchens at (928) 769-1630 or (928) 769-1110.



**Need A Fun
After School
Activity?**

PEACH SPRINGS YOUTH RADIO

Check out our FACBOOK
page
EPCH

Become a fan!

See photos of the youth
broadcasters in action
and receive updates
about scheduling and pro-
grams and
notices about special events
and special guests.

- Youth 10-25 welcome
- Have fun with music!
- Learn about and participate in a radio drama- writing, acting and producing
- Learn about and participate in d.j.'ing, journalism/interviews and reporting, direction and production including computer sound effects, technical operations, marketing and promotion and computer graphics
- Great incentives including gift card, music accessories, C.D.'s and trips!
- After school til 7 p.m. Mon-Thurs and 10:00am to 3 p.m. Fri

...Contact Terri Hutchens with questions and suggestions or if you want to be a youth broadcaster at 769-1630 or 769-1110.

NARCH 5, "Each One, Reach One" Youth Radio Project Activity Consent and Information Form

Participant Information:

Name: _____ Date of Birth: _____
 Address: _____
 E-Mail Address: _____
 Telephone: _____
 School: _____ Grade: _____ Gender: M F

Parent/Guardian Information:

Parent/Legal Guardian: _____
 Address: _____
 E-Mail Address: _____
 Telephone: _____ (home) _____ (work) _____ (cell) _____
 Parent/Legal Guardian: _____
 Address: _____
 E-Mail Address: _____
 Telephone: _____ (home) _____ (work) _____ (cell) _____

Emergency Information:

Emergency Contact: _____ Relationship to youth: _____
 Address: _____
 E-Mail Address: _____
 Telephone: _____ (home) _____ (work) _____ (cell) _____

Insurance/Medical Information:

Allergies: _____
 Current medications: _____
 Health conditions: _____
 Health restrictions: _____
 Primary Care Physician: _____

Insurance Company: _____
 Insurance Company Address: _____
 Policy holder's name: _____
 Policy/Group number: _____ Effective Date: _____

Activity Information:

The above listed youth has applied to participate in the "Each One, Reach One" Youth Radio Project. While participating the youth may be involved in the following activities: educational curriculums regarding radio operation; health issues, including heart disease, diabetes and alcohol abuse and lifeskills, which may include homework assignments; writing, producing directing and performing radio drama; use of computer and internet, including website design and management; production and performance of a social influence radio drama and other radio programming; team building exercises; travel; physical activities and related community events.

This activity will be scheduled during after school and school closure days, with the days and times to be announced, and to take into consideration the most convenient times for the majority of the participants. The activity is anticipated to run in seasons which will be approximately 6 months in duration.

This activity will be primarily supervised by "EACH ONE, REACH ONE" staff, and may also periodically involve staff from KIDSTAR Inc., The Boys and Girls Club, the Diabetes program and qualified adult community volunteers. Transportation to and from the activity will not generally be available and will need to be provided by the youth or parents/guardians.

Participants must complete all applicable stages of the activity to qualify to receive program incentives. Participants must behave in a manner which does not interfere with the enjoyment or threaten the safety of other participants and which is respectful to other participants, staff and volunteers. Participants may not be under the influence of alcohol or other drugs or use unsuitable language while participating. Participants may be excused from the activity if they do not behave appropriately.

Participant Assent:

I, _____, agree to follow the instructions of "EACH ONE, REACH ONE" staff and adult chaperones and volunteers while participating in the Youth Radio project. I agree to make my best effort to participate fully in all scheduled activities and to complete the season. I agree to behave appropriately and respectfully while participating and understand I can be excused from participation and become ineligible for participation incentives if I do not do so.

Youth signature: _____

Date: _____

Parent/Legal Guardian Consent:

I, _____, consent to the participation of my youth in the NARCH 5 youth radio project activities, including travel. I represent I have full authority to give this consent. I certify my youth is fit and appropriate to participate in the project. I agree to promptly notify "EACH ONE, REACH ONE" staff of any health or other changes which might affect my youth's ability and appropriateness to participate. I understand my youth may be excused from participation if he/she behaves inappropriately during participation. I agree to indemnify and hold harmless the "EACH ONE, REACH ONE" project and the Hualapai Tribe from any claim, liability or action that might arise from the participation.

I give permission for "EACH ONE, REACH ONE" staff to provide first aid to my youth in the event of injury or illness. I understand best efforts will be made to promptly notify me if my youth becomes ill or is injured. In the event I can not be reached, I authorize the designated emergency contact first, and then "EACH ONE, REACH ONE" staff, to authorize emergency medical treatment for my youth and to provide related transportation. I understand and agree "EACH ONE, REACH ONE" staff and the Hualapai Tribe will not be liable for any medical expenses incurred on behalf of my youth based solely upon this authorization.

I understand this consent will remain in effect until it is revoked in writing.

Parent/Legal Guardian signature: _____

Date: _____

Employment Opportunities



Contact My AmeriCorps | Login
FONT SIZE: Default | Large

Native Americans to Work Project (NAWP)

The California Indian Manpower Consortium, Inc. (CIMC) is a non-profit whose mission is "To create positive change in Native communities." Through the Native Americans to Work Project (NAWP), VISTA members will work directly with employment and training programs that serve Native American communities in both rural and urban settings. Members will work on various projects related to job readiness, green job initiatives, leadership or entrepreneurship. CIMC is looking for individuals who are committed to helping Native communities become self-reliant, strong and successful. Looking to recruit for November 2011 start date! Must have a car and be ready to submit a 2-3 page writing sample.

Further help on this page can be found by [clicking here](#).

Member Duties : Develop or improve job readiness, entrepreneurship, leadership, and green job initiative trainings. Identify and contact potential funders and supporters. Create and update trainings and workforce materials. Explore how social media can be used with Workforce Development programs. Research and write grants. Assist in the sustaining of employment and training programs. Recruit volunteers and partners. Organize, staff and manage workshops or trainings that pertain to the goals of the NAWP program. Considerable outreach to the community. Establish consultations with Tribal Colleges, local universities, and potential employers. Public speaking.

Program Benefits :
Childcare assistance if eligible , Choice of Education Award or End of Service Stipend , Education award upon successful completion of service , Health Coverage , Living Allowance , Relocation Allowance , Training

Terms :
Prohibits paid work outside of the sponsoring agency at any time

Service Areas :
Community and Economic Development , Community Outreach , Children/Youth , Education , Entrepreneur/Business , Environment , Hunger , Neighborhood Revitalization , Technology

Skills :
Business/Entrepreneur , Communications , Community Organization , Computers/Technology , Conflict Resolution , Education , Fund raising/Grant Writing , Leadership , Public Speaking , Recruitment , Teaching/Tutoring , Trade/Construction , Writing/Editing , Youth Development , General Skills

SUMMARY

Program Type: AmeriCorps VISTA

Program: Native Americans to Work Project (NAWP)

Program Start/End Date: 11/01/2011 - 11/01/2012

Work Schedule: Full Time

Education level: College graduate

Age Requirement: Minimum: 18 Maximum: None

Program Locations: ARIZONA , CALIFORNIA , NEW MEXICO

Accepting Applications: From 09/01/2011 To 10/14/2011

Contact: Nicky Lambert
738 North Market Blvd.
Sacramento CA 95834
(916) 920-0285
nicky@cimcinc.com
www.cimcinc.com

Apply Now!

[Refine Search](#)

Please share this with any one you know who would be interested in serving with the NAWP as well as any potential sites.


A few things to remember:

- All applicants must apply online
- Non-Native applicants must have a Bachelor's Degree/ Local Natives do not need a degree
- All applicants must submit a 2 – 3 page writing sample



36903



The logo features a stylized blue swoosh that curves around the text "Walk the Sky".

Walk the Sky

Grand Canyon Skywalk *The Glass Bridge*

The Grand Canyon Skywalk Development, LLC is exploring different possibilities in offering employment opportunities to community members. We have spoken too many who have expressed an interest in working at the Skywalk, but the long commute to the job site, and daily home life obligations create obstacles.

One way to make it more convenient for potential employees is the creation of a 30 hour work week. That means working three 10 hour days and having four days off. Health insurance benefits will continue to be available. Skywalk managers have been creative in structuring operating work hours seven days a week to make this innovative work schedule a possibility. Supervisors and managers are not eligible to participate in the thirty (30) hour work week schedule.

The following positions will be offered a thirty (30) hour work week program:

- **Food and Beverage** – prepares food, washes dishes, sweeps floors, wipes down tables, handles cash appropriately, loads and unloads delivery trucks and checks inventory.
- **Customer Service** – greets customers, answers customer questions, coordinates with retail and photo sales to exceed guest expectations, acts a tour guide when necessary, and assists guests with special needs or requests. Ensures guest safety.
- **Sales** – maintains retail and photo sales areas, conveys the story of the glass bridge to guests, and operates all systems in the sales department including photo sales stations and cash retail registers.

Minimum Qualifications:

1. All applicants must possess a high school diploma or GED
2. All applicants must satisfactorily complete a background check and drug test
3. All applicants must be able to lift 50 pounds
4. All applicants for Food and Beverage must have a current Health Card or be able to obtain one

To Apply:

- Qualified applicants should submit their Application for Employment and/or resume in one of the following ways:
 - E-mail: employment@grandcanyonskywalk.com
 - Fax: 702-220-8517
 - Mail: 5985 W. Wigwam Avenue, Las Vegas, Nevada 89139
- Applications for employment can be obtained at the Grand Canyon Skywalk, or by calling 702-220-8372, extension 203 – Human Resources.

Education & Training Information



September 19, 2011

Pizza with the Superintendent!

Each month, 10 students are chosen from the Pride Pass Box to join the Superintendent for a pizza lunch. They were allowed to invite one adult to join them. Keep earning those Pride Passes by demonstrating respect, responsibility, or safety!

Peach Springs School

NEEDED... SUBSTITUTE TEACHERS

Peach Springs Unified School District #8 is now hiring substitute teachers. Applicants must have a current Arizona Substitute Certificate and a fingerprint clearance card. Daily rate is \$125. For more information call the school at 928-769-2202 or check the Arizona Department of Education website at <http://www.ade.az.gov/> for more information on how to become certified.

CHARACTER COUNTS

Trustworthiness: To act in a manner that makes one worthy of confidence and trust

Trustworthiness is the cornerstone of respect and liking. Consistency, reliability, and honest actions all typify a person who is worthy of our trust.

During the next month, our school will be learning about trustworthiness.

Teachers will treat students fairly and consistently, with respect and confidentiality, and create a positive learning environment.

Students will support class members, follow classroom and school procedures, and respect school property at all times.

We will all work to become more trustworthy in the eyes of others!

8 + 5
123 x



Math @Home

The Game of Pig

Roll a single die. How many dots do you see? If you wish, keep rolling and keep a running total of your rolls; *but* if you roll a 1, you score 0 for that round. (The key is to roll as many times as you can without rolling a 1.) Older students can play by the same rules with two dice. If 1 comes up on both dice, your *total* score goes back to 0.

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For those interested in obtaining 3 credit hours in early childhood development. Training is limited to 20 participants. Highlight phone number to call (do not call Hualapai Child Care Program).

DES Early Childhood Professional Training



NEWS RELEASE

FOR IMMEDIATE RELEASE:

August 30, 2011

CONTACT:

Tara O'Neill, 928-717-7621

Learn valuable job skills

YAVAPAI COLLEGE TO CONDUCT NO-COST 'EARLY CHILD CARE PROFESSIONAL TRAINING IN KINGMAN BEGINNING OCTOBER 7, 2011

PRESCOTT, Ariz.—Yavapai College, in conjunction with Arizona Department of Economic Security, will conduct a no-cost intensive introductory course, titled "Early Child Care Professional Training." The class will meet at Kingman Academy of Learning, 3419 Harrison St., Room 14, in Kingman, AZ beginning Friday, November 7th, 2011 at 8:00am.

The 60-hour course is designed for those interested in pursuing careers working in child-care centers, pre-schools, Head Start programs or in-home child care. The 10 modules cover pertinent topics, such as child development, appropriate learning environments, nutrition/menu planning and early reading and math activities to encourage skill development.

The classes meet Fridays and Saturdays from 8am-6pm beginning October 7th and ending on October 22nd. Seating is limited to 20 participants, and preregistration is strongly recommended. Call toll free 1-866-219-1021 or email: ccpt@vc.edu for more information and to register.

Awarded to Yavapai College in 1999, the training enables participants to enter the workforce by providing high-quality child care and education in their communities. The grant provides for up to 15, 60-hour workshops in eleven counties in Arizona each year. Upon completion, students can earn three college credits.



GED CLASSES

Monday to Thursday

4:30 pm - 5:30 pm

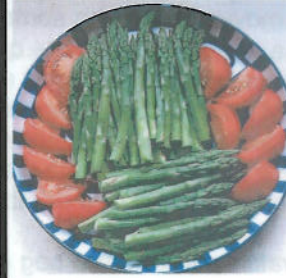
Peach Springs School



For more information, you may call the
Hualapai Education & Training at 769-2200

Foods That Lower A1c in Diabetes

By: Felicia Anderson, eHow Contributor



Losing and maintaining a healthy weight is the single most effective way to control blood sugar, according to

the American Diabetes Association (ADA). The combination of a proper diet and a regular exercise routine can lower A1c levels. Monitoring blood sugar levels at home and having an A1c test done every two or three months are essential components in managing diabetes.

Diabetes: Diabetes is a condition that affects the ability of the body to use glucose, or blood sugar, for energy. Every body needs glucose, but diabetics have too much of it. Chronic diabetes falls into Type 1 or Type 2, but there also are reversible types of diabetes. These include pre-diabetes and gestational diabetes (during pregnancy), according to the Mayo Clinic.

A1c Test: An A1c, or glycated hemoglobin, test shows your average blood sugar level for the past two to three months. It is used to diagnose diabetes and also to determine how well your diabetes is being managed. According to the ADA, A1c levels can range from 5 percent (normal) to 25 percent (extremely high).

Foods to Avoid: Being diabetic does not mean you have to give up the foods you love. Cutting back high-calorie snacks, desserts and drinks may help you lose weight and maintain a healthy A1c level. Diabetes.com suggests avoiding restaurant French fries (bake your own at home instead), fast-food burgers, fried chicken, packaged cookies, doughnuts, frozen meals, processed lunch meat, regular soft drinks, flavored water, milkshakes and pizzas.

Foods that Lower A1c: Healthy foods can actually lower your A1c levels. Leafy vegetables, dried beans, fish, lean meats and whole grains are especially beneficial, according to the ADA. You don't have to cut out your favorite dairy products, but opt for the non-fat varieties of milk, yogurt and cheese. Use liquid oils rather than solid fats, such as butter and lard, when cooking. Bake rather than fry when you can. And choose sugar-free, no-calorie diet sodas.

BMI Test: Is your weight putting you at risk? To find out, go to the ADA's Body Mass Index (BMI) calculator. Enter your height, then click "Enter Height". Then slide the weight ruler over to your weight. The calculator will tell you if you are underweight, healthy, overweight or obese.

Obesity and Overeating: How to Break a Bad Habit

Column by Lee Dye, abcnews.com

We humans are creatures of habit both good and bad and while habits can free us from having to rethink everything we do, every time we do it, they can also enslave us to activities that may be self destructive. They can be very hard to break, even when we know we must, but researchers at the University of Southern California have come up with a simple formula that may help, at least in some cases.

Don't try to overwhelm that bad habit with good intentions and a strong sense of self control, because it probably won't work. Instead, alter the environment that triggers that automatic response, which we call a habit, because without the right cues it may slowly go away.

All it took was bag of stale popcorn, a movie theater, and surprisingly little manipulation to get habitual popcorn addicts to mend their ways.

Psychologists David Neal and Wendy Wood have studied habits for years, going back to the days when they were fellow researchers at Duke University. Coincidentally, they both relocated to USC a couple of years ago to continue their work on the powerful forces that control much of our activities as we breeze through life on autopilot. We don't have to think about habits. They "are the bedrock of everyday life," relieving us of the need to plan, guide, and motivate "every action from making that first cup of coffee in the morning to sequencing the finger

movements in a Chopin piano concerto." as they noted in one study.

In their latest study, published in the current issue of the *Personality and Social Psychology Bulletin*, Neal and Wood and several colleagues wanted to find out if persons who nearly always eat a bag of popcorn when at the movies would eat the stuff, even if it was really old. Just because it's a habit. They recruited several hundred participants, some who really wanted popcorn with a movie, some who sometimes wanted popcorn, and some who really didn't care. So each person attending a showing in a regular theater was quizzed on how much they liked popcorn, how hungry they were, and several other things. They were not allowed to sit near anyone else.

Half were given a bag of freshly cooked popcorn and the other half were given a bag that had been sitting around for seven days, leaving it stale and not particularly appetizing. After the showing the bags were collected and weighed. Participants who could take it or leave it left the stale stuff almost untouched. But habitual popcorn eater ate the whole thing, regardless of whether their bag was new or stale. Was it just because they really liked popcorn? Apparently not, according to a second study.

Enter new recruits to watch a flick with a bag of popcorn in a somewhat different setting. This time the experiment was conducted in a meeting room, not a movie theater, so the cinematic mystique—and the cues—were missing. Even the habitual popcorn hounds ignored the stale stuff. Again, the only difference was the setting. And in a third experiment, with other new participants, the researchers returned to the movie theater, again armed with fresh and stale popcorn. But in this case, the participants were instructed to eat the popcorn only with their "non-dominant" hand. Right-handers, for example, had to eat with their left hand.

None of the participants, including the habitual popcorn eaters, cared much for the stale stuff, even though they were in a cinematic setting. Bottom line; taking away even a small cue, like the setting or the hand used to eat the popcorn, overwhelmed the habit, apparently because the participants had to think about what they were doing. Numerous other researches have documented the strength of habits. Scientists at Cedars-Sinai Medical Center in Los Angeles found that the best way to get into a regular exercise program is to "train the mind" first. The part of the brain that establishes a habit is packed in a small section at the base of the brain and billions of neurons located there respond quickly to repetition. So start today, do a little on a regular schedule, and soon it will become a habit, making exercise a routine part of the day.

"On average, people have more good habits than bad," Neal, who has since left USC to do research in a private company, said in a telephone interview. But bad habits can be particularly destructive, contributing to the current obesity crisis, he added. That midnight snack, he added, may be nothing more than the result of snacking at midnight often enough that it becomes a habit. When the right time rolls around, it's time for a snack, even in the absence of hunger.

His formula is pretty simple. Put the cookie jar where you can't see it. Look only at the salad menu while in your favorite restaurant, but only if you don't have the habit of eating a great steak there every Friday night and it isn't just a matter of willpower. "Basically, it's not really a matter of setting the right goals or having enough willpower," he said. "Those things are valuable, but they don't really get you over the line. The critical thing to focus on is the environment," where you can bring stimulus under control by ditching that dang cookie jar. So Mary Poppins probably had it right; a spoonful of sugar makes the medicine go down. But do that too often and the medicine will always taste like sugar. It will become a habit. You won't even have to think about it.

Healthy Heart Camp-out 2011

Good Times!



VOLLEYBALL

WATER BALLOON TOSS

NATURE WALK

HORSE SHOE ~ not pictures

Fabulous Cooks



Picture on the left: Nicky Teufel-Shone



Picture on right: Mary Imus

Not picture: Louis Teufel-Shone

Thanks Eva for helping us improvise.

Its a Beautiful morning



Healthy Heart Staff would like to thank the Recreation, Natural Resources, Head Quarters and Diabetes Program for helping us make this years camp-out an enjoyable one.

To those that attended the camp-out we enjoyed the experience.

10 FOODS YOU SHOULD NEVER EAT!

1 QUAKER 100% NATURAL OATS & HONEY CEREAL

Does Mother Nature want you eating half a cup of oats coated with three teaspoons of sugar and laden with more artery-clogging fat than you'd get in a regular McDonald's hamburger? No doubt she'd prefer low-fat, low-sugar, whole-grain cereals like Post Grape-Nuts, Nabisco Shredded Wheat, or General Mills Wheaties. If you're stuck on granola (and sugar), at least choose a product like Health Valley Fat-Free Granola, Kellogg's Low Fat Granola, or Quaker 100% Natural Low Fat.



6 OSCAR MAYER LUNCHABLES

It would be hard to invent a worse food than these combos of heavily processed meat, artery-clogging cheese, and mostly-white-flour crackers. The line averages 6 teaspoons of fat (that's 62 percent of calories) and 1,707 mg of sodium. Their Lean Smoked White Turkey & Monterey Jack Cheese on eight half-dollar-sized "wheat" crackers has more fat and saturated fat than a McDonald's Quarter Pounder... and twice as much sodium. Instead, try eight Reduced Fat Triscuits (they're whole wheat) and two slices of Louis Rich Oven Roasted Fat Free Turkey Breast.



2 GWALTNEY CHICKEN FRANKS

Think "chicken" or "turkey" on the label means less fat in the frank? Not necessarily. Companies like Gwaltney, Grillmaster, Mr. Turkey, and Weaver make chicken or turkey dogs with 11 grams of fat each. But Butterball, Healthy Choice, Hormel, Oscar Mayer, and Yves

Veggie Cuisine make pork, beef, turkey, or tofu franks

with zero to 1½ grams of fat. Now if they would only cut the salt. (Yves Fat-Free Veggie Wieners have half the sodium.)



3 DUNKIN' DONUTS PLAIN CAKE DOUGHNUT

You could turn down the glazed, frosted, and "kreme" doughnuts and still end up with as much artery-clogging fat as a Big Mac simply by eating a plain cake doughnut. Blame it on the trans fats in the shortening that Dunkin' uses to fry all (yes, all) its doughnuts. Try a nearly-fat-free McDonald's Apple Bran Muffin instead.



4 NISSIN CUP NOODLES WITH SHRIMP

What could be wrong with a cup of steaming-hot, high-carbohydrate noodles? Let's just say you'd be better off with a one-ounce bag of 14-or-so potato chips. That's because, like the potatoes, the noodles are pre-fried and salted. But Nissin compounds the problem by frying in artery-clogging palm oil and dumping on 13

times more sodium (1,550 mg) than the chips. Try Fantastic Foods Chicken Free Ramen Noodles instead.



5 MOVIE-THEATER POPCORN POPPED IN COCONUT OIL

A large bucket of unbuttered popcorn at theaters (like United Artists) that pop in coconut oil has almost three days' worth of artery-clogging fat! Add the fake "butter" and you'll boost the cholesterol-raising fat to almost four days' worth. That's like eating eight McDonald's Big Macs. Even a small bucket contains almost a day's worth of saturated fat. What to do? Choose a theater that uses air-popped popcorn, or at least one that pops its corn in a heart-healthier oil like corn or sunflower.



7 HÄAGEN-DAZS EXTRAAS

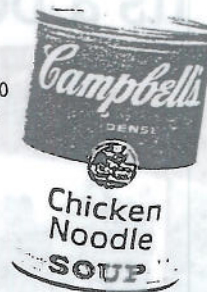
Häagen-Dazs has managed to make its line of gourmet ice cream extra fatty by adding ingredients like fudge, almonds, pecans, or brownies. Eat a cup of Extraas Triple Brownie Overload and you've downed 40 grams of fat... almost as much as half a stick of butter. And a cup of Extraas Cookie Dough Dynamo or Caramel Cone Explosion has more artery-clogging saturated fat (24 grams) than three

McDonald's Quarter Pounders! That's more than a whole day's quota. A cup of Mattus' Lowfat Ice Cream, on the other hand, has just six grams of fat. And only four of them are saturated. But the taste is as rich as full-fat Häagen-Dazs.



8 CAMPBELL'S REGULAR SOUPS

They're brimming with salt. Half a can averages 1,000 mg of sodium. That's about half your ideal quota for an entire day. If you're looking for more than salty water, check out Pritikin Soups. An equal-size serving averages 203 mg of sodium and one gram of fat. That's a bit less fat — and far less sodium — than you'll find in Campbell's Healthy Request or ConAgra's Healthy Choice soups.



9 RICE-A-RONI CHICKEN & VEGETABLES

One cup — a mere side dish — has 1,470 mg of sodium (more than half your day's limit). As for the vegetables, the two people sharing the 2-cup box will have to fight over the nine peas, teaspoon and a half of carrot slivers, teaspoon of tomato particles, and even less chicken. "Rice & Salt" would have been a more honest name. Marrakesh Express CousCous or Terrazza Pasta & Beans cuts out about 90 percent of the sodium.

10 CONTADINA ALFREDO SAUCE

Why not melt a third of a stick of butter on each cup of your pasta? You might as well if you fall for Contadina's refrigerated Alfredo. The company's Pesto and Four Cheeses flavors aren't much better. On the other hand, you could choose Enrico's No Salt Added, Tree of Life, Colavita, or Classico's Spicy Red Pepper spaghetti sauces instead. All are low in everything but taste.



Native American Recipes

Fry Bread:

4 cups white flour
1/2 teaspoon salt
1 tablespoon baking powder
Combine all ingredients. Add about 1 1/2 cups lukewarm water and knead until dough is soft but not sticky. Shape dough into balls the size of a small peach. Shape into patties by hand; dough should be about 1/2 inch thick. Make a small hole in the center of the round. Fry one at a time in about 1 inch of hot lard or shortening in a heavy pan. Brown on both sides. Drain on paper towels and serve hot with honey or jam.

NAVAJO FRY BREAD

1 C flour
1 t baking powder
1/4 C powdered milk
1/4 t salt
warm water
Combine the ingredients and slowly add enough warm water to form dough. On a lightly floured surface, knead dough until it is smooth soft and not sticky. Cover and let rest one hour. Shape into small balls and pat into flat circles about 1/4-1/2 inch thick. Set aside. In skillet, heat 1/2 inch vegetable oil. Brown dough circles on each side and drain on paper towels. Serve with chile beans and your favorite taco toppings for "Navajo Tacos."

Navajo Fry Bread (2)

Serving Size : 4
1 cup white flour
1/2 cup whole wheat flour
1 tablespoon sugar
1/2 teaspoon baking powder
1/4 teaspoon salt
1/2 cup honey
vegetable oil
Mix dry ingredients. Add water to dry ingredients, mix well. Knead dough on a floured board till it becomes elastic. Let dough rest 10 minutes, covered. Roll out dough till it is 1/2 inch thick. Cut into squares or circles. Deep-fry at 370F till golden brown; drain on paper towels. Drizzle with honey and serve.

Cornbread

1/2 cup whole wheat flour
3/4 cup white flour
3/4 cup polenta or cornmeal
4 tablespoons sugar
5 teaspoons baking powder
1/2 teaspoon salt
1/3 cup + 2 tablespoons applesauce
1/2 cup low fat soy milk
1/2 cup water
Mix dry ingredients in a bowl. Mix wet ingredients in another bowl. Add wet to dry and stir well. Bake at 375° for about 30 minutes, or until golden brown.

Cherokee Huckleberry Bread

2 cups Self-rising flour
1 Egg
1 cup Sugar
1 stick butter
1 cup Milk
1 teaspoon Vanilla extract
2 cups Berries (huckleberries or blueberries)
Cream eggs, butter and sugar together. Add flour, milk, and vanilla. Sprinkle flour on berries to prevent them from going to the bottom. Add berries to mixture. Put in baking pan and bake in over at 350 degrees for approximately 40 minutes or until done.

Pumpkin Muffins

1 cup raisins
1/2 cup unsweetened orange juice
1/2 cup egg substitute
1 cup canned pumpkin
1/2 cup sugar
1/2 tsp. ground cloves
1 tsp. ground cinnamon
1/2 tsp. salt
1/3 cup canola oil
1 cup all-purpose flour
3/4 cup whole wheat flour
1 1/2 tsp. baking powder
1/2 tsp. baking soda
Soak raising in orange juice for 5 minutes. Do not drain. In large mixing bowl, stir in pumpkin, egg substitute, sugar, cloves, cinnamon and salt. Add oil, mix well. Stir together flours, baking powder and baking soda. Add to pumpkin mixture with the raisin-orange juice mixture and stir to mix. Fill paper-lined muffin cups 2/3 full. Bake at 400F for about 25 minutes. Remove

from muffin tins and cool on wire rack.

Easy Molasses Bread

This bread is made by the quick one-rise method, which does not require any kneading. Adding blackstrap molasses appears to give it a slight sweetness and also makes it more nutritious. Suitable for freezing. Makes 3 large (2-pound) loaves butter or pure vegetable margarine 13 cups whole wheat flour 1 slightly heaping tablespoon salt 2 packets instant yeast 1 slightly heaping tablespoon molasses

Grease three large bread pans - or the equivalent, including cake pans, if you wish - generously with butter or margarine. Tip the flour and salt into a large bowl and add the yeast. Mix gently. Dissolve the molasses in a little tepid water taken from 6 1/4 cups. Add this to the flour, then mix in the rest of the water, going carefully at the end in case you don't need quite all of it. The finished mixture needs to be too wet to leave the sides of the bowl clean; it should feel 'slippery' but not completely sloppy. Half fill the pans with the mixture, cover them with plastic wrap or a damp dish towel, and leave to rise. Meanwhile set the oven to 400°F. When the loaves have risen to within 1/2 inch of the tops of the pans, put them in the oven. Bake large loaves for 45 minutes, and small ones for about 35 minutes, or until they are brown and firm to the touch, and sound hollow when you slip them out of the pans and tap them on the base with your knuckles. If you wish, you can crisp the base and sides a bit more by putting the loaves back into the oven for a few minutes after you've taken them out of the pans. Cool the bread on a wire rack.

Pumpkin Pie

9-inch unbaked pie shell (use recipe for 9-inch one crust basic pie pastry)
1/2 Cup packed dark brown sugar
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground nutmeg pinch of ground cloves
1 1 6-ounce can pumpkin puree

1 1/4 Cups evaporated skim milk
 3 large egg whites
 Preheat oven to 450 degrees Fahrenheit. In a large bowl, beat all filling ingredients until no lumps remain. Pour into pie shell and bake 10 minutes. Reduce heat to 325 degrees Fahrenheit and bake 50 minutes more, or until a knife inserted in the center comes out clean. To avoid over browning of fluted edge, cover edge with narrow strips of aluminum foil. Remove foil during the last 15 minutes of baking.

Spiced Winter Squash Butter

3 medium acorn or other winter squash (about 3 pounds)
 1/2 cup thawed undiluted concentrated apple juice
 3/4 cup packed brown sugar
 1/4 teaspoon ground cinnamon
 1/4 teaspoon ground nutmeg
 1/4 teaspoon ground ginger
 1/8 teaspoon ground cloves
 Preheat oven to 400 degrees. Cut squash in half lengthwise; discard seeds and stringy pulp. Place squash, cut sides down, in a pan. Cover and bake at 400 degrees for 1 hour or until tender. Cool. Scoop out pulp to equal 3 cups. Place pulp in a blender or food processor; process until smooth. Combine pureed squash, apple juice, and the remaining ingredients in a large saucepan, bring to a boil. Reduce heat, and simmer, uncovered, 45 minutes or until thick, stirring frequently. Cool. Store in an airtight container in the refrigerator. Will keep up to about 2 months.

Three Star Enchiladas

12 corn tortillas
 1 1/2 Cups bean puree (see bean dip recipe)
 vegetable oil spray
 1 medium onion, chopped
 2 cloves garlic, minced
 1 red and 1 green pepper, sliced thin
 1 quart tomato sauce
 1 zucchini or summer squash, diced
 2 tablespoons cilantro
 1/2 Cup reduced fat shredded cheddar or Monterey Jack cheese
 Saute onions, garlic, peppers and squash in oil until tender. Add tomato sauce and cilantro. Turn heat down and simmer for 15 minutes. Coat a

casserole dish with vegetable oil spray and line with half the tortillas. Spread bean dip over tortillas and top with cheese. Add remaining tortillas. Add tomato squash sauce on top and bake covered for 1 hour at 350 degrees Fahrenheit.

CORN, ZUCCHINI & TOMATO PIE

This pie is made from the overflowing bounty of the backyard garden. Fresh corn and zucchini seasoned with dill bake underneath Parmesan-crust tomatoes to make a scrumptious entrée that can be served warm or at room temperature.

3 cups fresh, or frozen and defrosted corn kernels
 5 small zucchini, cut into matchstick pieces
 2 teaspoons salt
 1 teaspoon freshly ground black pepper
 1 tablespoon fresh dill weed
 2 tablespoons melted butter
 3 to 4 vine-ripened tomatoes, cut into 1/2-inch slices
 1/2 cup freshly grated Parmesan cheese
 1/4 cup dry bread crumbs
 2 tablespoons olive oil
 Preheat the oven to 375°. In a 13 by 9-inch ovenproof baking dish, combine the corn, zucchini, 1 teaspoon of salt, 1/2 teaspoon of pepper, the dill, and the melted butter, tossing to coat the vegetables. Cover the vegetable with the tomatoes. Sprinkle with the remaining salt and pepper. In a small bowl, combine the cheese and the bread crumbs. Sprinkle the mixture over the tomatoes and drizzle with the olive oil. Bake the pie for 30 minutes, or until the cheese is bubbling. Remove it from the oven, and let it stand for 5 minutes before serving.

Blueberry Muffins

1 cup oats
 1 cup buttermilk
 1 cup white wheat flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda
 1/2 teaspoon salt
 3/4 cup brown sugar
 1 egg
 1/4 cup butter - melted
 1 cup fresh blueberries - drained well or 1 cup frozen blueberries, thawed,

drained well

Preheat oven to 400°F. Combine oats and buttermilk in a small bowl; set aside and let stand. Combine flour, baking powder, soda, salt, brown sugar, stir well. Add egg and melted butter to oats. Add dry ingredients and stir just until all is moistened. Gently fold in blueberries. Spoon into muffin pan until three-quarters full each. Bake for 17 to 20 minutes. Yields 1 dozen.

Blueberry Popover

1 cup milk or soymilk
 1/2 teaspoon vanilla extract
 2 tablespoons butter - melted
 1/4 teaspoon salt
 1/8 teaspoon fresh ground nutmeg
 1/4 cup granulated sugar
 1 cup sifted white flour
 2 eggs, beaten
 1/4 teaspoon ground cinnamon
 1 cup blueberries or other berries
 Mix first 5 ingredients plus 3 tablespoons sugar in a large bowl. Stir in flour, then eggs until just combined; let this batter stand for 5 minutes. Meanwhile, mix remaining 1 tablespoon sugar and cinnamon in a separate bowl; set aside. Adjust oven rack to middle position and heat oven to 450°F. Place berries in a buttered 9-inch pie pan. Pour batter over the berries; sprinkle cinnamon-sugar over the batter. Transfer pan to the oven and bake for 20 minutes. Reduce oven temperature to 350°F; bake until popover is firm and golden brown, 15 to 20 minutes longer. Cut popover into wedges and serve immediately.

Blue Corn Scones

1/2 cup Blue Corn Meal
 1 3/4 cup all-purpose flour
 1/3 teaspoon baking powder
 1/4 teaspoon salt
 1/4 lb. chilled butter
 1/4 cup light brown sugar
 1 egg
 1/2 milk
 1/2 teaspoon vanilla extract
 Preheat oven to 375 degrees F. Grease & flour a baking sheet. Stir the dry ingredients in a bowl then cut the butter into the dry mixture with a pastry blender (or suitable substitute) to form a course meal. Beat the egg with the milk, sugar, and vanilla. When